



# DAVIS COUNTY HEALTH DEPARTMENT

Mailing Address:  
PO Box 618  
Farmington, Utah 84025

**For Immediate Release:**  
Tuesday, November 15, 2011  
DCHD NR 2011-020

## News Release

**Contact:**  
Bob Ballew  
Public Information Officer  
Office: (801) 525-5175  
Cell: (801) 510-5710

### Administration

Lewis R. Garrett, M.P.H.  
Director of Health  
22 South State Street  
Clearfield, UT 84015

### Environmental Health Services Division

David W. Spence,  
M.B.A., E.H.S.  
Associate Director  
22 South State Street  
Clearfield, UT 84015

### Family Health & Senior Services Division

Sally Kershnik,  
R.N., M.P.A.  
Associate Director  
22 South State Street  
Clearfield, UT 84015

### Communicable Disease & Epidemiology Division

Brian E. Hatch,  
M.P.H., E.H.S.  
Associate Director  
22 South State Street  
Clearfield, UT 84015

## Join The Great American Smokeout, Thursday, Nov. 17

(Clearfield, Utah) – Millions of smokers nationwide join together to quit tobacco for the Great American Smokeout on Thursday, Nov. 17.

According to health officials, tobacco use is the leading preventable cause of death in the U.S., and kills over 1,200 Utahns annually. There are nearly 200,000 smokers in Utah with approximately 17,000 in Davis County.

80% would like to quit. However, without help only 7-8% of tobacco users are able to stop. Smokers are three times more likely to quit when they have help than when they try to quit on their own.

Gloria Yugel, a community health educator with Davis County Health Department, said, “Successful quitting is a matter of planning and commitment, not luck. Decide now on your plan.”

Yugel offered several helpful tips:

- Prepare to quit. (List your reasons for wanting to quit, identify triggers and how you can cope with them, analyze barriers from the past, talk to your health care provider about medication, get support, choose a quit date, prepare for and visualize a smoke-free lifestyle – make your home and car smoke-free, limit alcohol and caffeine.)
- Cope with withdrawal. (Withdrawal symptoms can be tough to beat. Remind yourself that they are temporary – and a sign that your body is starting to heal.)

- MORE -

- Healthy rewards from quitting smoking (no more secondhand smoke, lower blood pressure, chance of heart attack decreases, circulation improves, risk of stroke and cancer decreases, save lots of money)
- Relapse is part of the quitting process. Keep trying until you can quit. Use relapse as a learning experience.

In Utah, we have free effective smoking cessation resources available at no cost, said Yugel. Utah Tobacco Quit Line, **1-800-Quit.Now**, offers telephone counseling from a qualified trained coach who will help the caller develop a personalized quit plan and guide them through the quitting process. Free FDA approved Nicotine Replacement Therapy is available to eligible callers. Services are available in English and Spanish.

Utah Quit Net, [www.utahquitnet.com](http://www.utahquitnet.com), offers help creating a personal quit plan, with access to a community of ex-smokers and smokers helping each other to quit and stay quit.

Quit Kits are available at the Davis County Health Department. These kits include information and supplies to assist in quitting, secondhand smoke information, and items that promote smoke-free homes and cars. Call 801-525-5079 to request a kit.

The Davis County Health Department staff challenge smokers to make Nov. 17 the first day of a tobacco-free future. “If you’re ready to join millions of others in quitting tobacco for good, log on to [www.utahquitnet.com](http://www.utahquitnet.com), call 1-800-Quit.Now, or call us at 801-525-5079 for a free quit smoking kit,” said Yugel.

**- END -**